1:Marshall E-5 (1952-1953) 1959 FX10 Bushmen FX10
Kung

159 585 Band 2. She was /Nai's second cousin (MoFaBrSoDa) and the first cousin once removed of the groom (MoSiDaDa). The attendants were not selected for their precise relationship to the bride. They were the only young kinswomen present in the two bands. The girls sat down and chatted with /Nai for a moment and then stood up and, giggling and chattering, took /Nai by the arms. /Nai drew back. Then Xama pulled /Nai's arms over her shoulders, bent and took /Nai on to her back so that her feet did not touch the ground. Xama carried /Nai in this position to the wedding scherm, laid her down inside, to the left of the opening as one entered, in the dark shadow, and covered her over with the kaross. There /Nai remained. We did not see her again that night.

It is the custom for the parents to take brands from their own fires to light the wedding fire of the bride and groom. Presumably this was done, though I did not see it. When the girls arrived the fire was burning and a young man, a cousin of the groom, was tending it. The two girls sat down by the fire on the women's side.

562 834 352 /Kung men and women must sit on opposite sides of the fire.[1] They believe that if male and female genital organs should touch the same spot on the ground the man's hunting powers would be vitiated and the woman would get a sickness in her genito-urinary tract, not an ordinary, human, communicable disease but a magical one. The woman's side is to the left as one faces the entrance to the scherm, the men's to the right. The fire is always in front of the entrance if the scherm is built; but, more often than not, if the weather is good, or the people are travelling and staying [342] only one night, or the wife is lazy, she hangs the family belongings in a bush and does not build a scherm. Then it is the custom to thrust two upright sticks into the ground to represent the entrance, so that the family may orient itself.

159 585 In the werf of Band 2, about twenty or thirty yards to the west, a group of boys had come to /Gunda to attend him. They were all the young boys of the werf who were approximately his age, two cousins (MoSiSo) and four of the sons of /Gunda's stepfather by his first wife. The boys made a show of catching /Gunda and held him by the arms for a moment, laughing and talking. Then they formed a line with /Gunda following at the end, walked to the wedding fire, and sat down on the men's

[1] This taboo reveals the association which, I believe, the /Kung make between the hunting power of men and the male sexual principle. Both must be protected, and sexual activity must be controlled and constrained lest the life-giving and food-producing force of men be weakened or drained away. During the period of a hunt a man must not have sexual intercourse—that is, while the man is looking for game and, after he has shot his little poisoned arrow into the animal, while he is tracking it for miles and waiting and watching for days till it dies of the poison. A hunt usually demands many days and nights of effort and privation.

224 833 [783] Too frequent indulgence in sexual intercourse with one's wife, even when no hunt is in progress, is believed to diminish a man's hunting power. Some men believed that once in five nights was best; others thought once in three nights was all right. Men who have the joking relationship constantly play upon the theme of excess, taunting each other: 'You do not know hunting, you know women', 'You cannot leave your wife long enough to hunt.'

[841] The /Kung are less strict about another taboo. A woman is supposed not to touch a man's hunting gear at any time, because this would lessen his power to hunt. But I have often seen women touch assegais and quivers. Indeed it has sometimes been urgently necessary to do so when the children got hold of them, as, for instance, when the three-year-old ≠Gao, agile as a flea, took after us with his father's assegai, infuriated with us for some sudden notion of his own. There is a medicine called *gow gowna*, made from a plant, which may be rubbed on the weapons to purify them if they are touched by women, but I never saw this done and doubted if anyone bothered with it. The effect of a woman's touching the hunting gear is much stronger if she is menstruating. I assume they are more careful then.

/157 cont./

●841 The water and food collected by menstruating women are consumed only by the women themselves and old people; the younger ones "it makes weak."

593 858 The authority of the parents practically ceases as soon as the children are in a position to provide food for themselves.

553 A child is named soon after birth by the grandfather or grandmother (whether on the paternal or the maternal side was not determined).

145 Boys reach puberty between 14 and 16 years of age and girls between 13 and 15 years of age (estimates).

881 The declaration of a boy's maturity is a special event in the life of the Bushman. Under the leadership of the "doctor," several youths from neighboring settlements march into the bush and live together there for some weeks on the veld crop. During this time they receive some sort of instruction in secret affairs. Young and old Auin alike, whom I interrogated separately, denied that this instruction pertains to sexual matters. To the question of what they did during their stay in the bush, I always received the answer: "They dance." They did, indeed, describe for me a kind of dance which decidedly has something childishly mysterious about it. A boy seats himself "piggyback" on the back of [535] another, and both wrap themselves in a large hide mantle. The dance consists of the carrier tramping with his feet as rapidly as possible without moving forward, while both of them utter a low "hu, hu" in as horrifying a manner as possible.

It is indeed difficult to imagine that this interesting occupation should last for weeks, interrupted only by sleeping and eating.

In addition, the young people seem to be treated quite badly in the course of this preparation and to receive little to eat; all of them concurred in the opinion that it is "miserable."

I learned through hints that the candidates for manhood play all kinds of tricks on neighboring villages during the night and play as "ghosts" a bit, as well as stealing food.

The actual attainment of manhood, after which the boys are [884] warriors and are allowed to marry, is not solely dependent on attending the preparation, but also on the killing of the first piece of big game.

Tattooing is not connected with the official attainment of [304] manhood

164 [45 cont.]
[753] Dr. Kasi. The people died. Very evil dsao were involved. The
[192] terminology for the description of the external genitalia is by no
[302] means as rich as among the Bantu. The women's pubic hair is
[593] usually plucked out by their husbands. Hence, it is called virgin
842 hair. The connection [46] between cohabitation and pregnancy
[757] is known. Impotence and sterility occur; there is no medicine
[278] for them. When menstruation fails to occur, nothing special is
●841 done. The menstruating woman may only eat with her husband
[757] and may not go around tasting food. A warm stone is placed on
853 the stomach for menstrual pains. Children are nursed at least
[526] until the birth of the next child. The nipples are distinguished
164 by a leathery firmness. Nevertheless, mastitis does occur.

The contention that venereal diseases are very widespread is incorrect; as such they are even unknown to the Bushmen. In isolated cases I have met Bushmen on the farms with vestigial gonorrhea. Syphilis is very rare among the wild Bushman.

Skin Diseases

The wild Bushman scarcely knows anything about skin care.
[515] Since there is a lack of both water and fat, the skin, which as a rule feels silky, soft, warm, and dry, becomes cracked, and infections easily occur. A chronic eczema (gari), evidently caused by a fungus, is very widespread. To combat it, they use the milky
[278] sap of a plant called timba.
[757]

Hair Diseases

A nonmalignant hair disease that is very widespread among all the Bantu, causing the hair to fall out in roughly circular spots, is also found among the Bushmen. In addition, as among the Bushmen of Naukluft, the so-called "porcelain head" occurs, a disease that destroys the entire hair base, and the head gleams
[145] like porcelain. The hair becomes gray relatively early. Loss of hair is rare; it usually occurs in the form of baldness characteristic of schizothymia. The rounded fingernails are worn fairly long;
302 the toenails are often fissured.

the */hawa-omi* in a similar manner. The same procedure is gone through for three or four days in succession. On the last day, after the dancing has ceased, she is presented with various trinkets by the women who took part in the ceremony and, after she has been returned to the */hawa-omi*, the *axarogu*, who are required to remain in the *//gāus* for the occasion, are summoned to pass in Indian file behind her hut. As they pass each presses his scrotum against her hand which is protruded through a very small opening made by her mother in the back of the hut and she touches it with fore-finger and thumb. This is done to protect the *axarogu* against [841] sexual disease (swelling of the testicles) which is caused by [751] treading on the place where a menstruating *!gari-khois* has urinated. If she does not touch the scrotum and such a lad should pass behind her while she has her periods, his testicles will become swollen. The same will happen if she were to tread on the urine of such a boy. When this happens the youth is said to be *!gou*. After all the *axarogu* have filed past and returned to their hut, an old woman enters the */hawa-omi* and rubs her body down (*/u*) with a preparation of roots, the name and source of which could not be ascertained. Now two of the *ǂkham-khoidi* come forward and take her to fetch water. This is done at a run, the water being brought quickly and placed at the hut of the old woman who rubbed her down. Then two other *ǂkham-khoidi* take her to fetch wood. This is likewise done at a run and after the wood has been deposited the ceremony is over. She is now a woman and known as a *!gari-khois*. While the ceremony was in progress a new hut, which is known as the *!gari-khois oms*, was built for her by her mother. In this she now takes up her residence until she marries. [882]

The *ǂgari-khois* is now eligible to marry and she accompanies [883] the married women on their various excursions for food, wood, etc., and associates with them. The food collected during the four or five days following her transition to womanhood is eaten only by very old women, *e.g.*, the one who rubbed her down. After that any food gathered by her is shared with her mother. She may subsequently not go to the veld to [941] gather veldkos while she is menstruating, but must remain in the *//gāus*. On such occasions she is fed by her mother.

Boys are subjected to the ceremony of initiation after [881] reaching the age of puberty and as soon as they are considered to have become proficient in the pursuit of game, especially big game. The ceremony is in reality a test of their powers of endurance and of their skill in the chase. It is always [721] carried out during the rainy season when food is plentiful. All the eligible lads are removed to a spot some distance away from the werft and placed under the charge of one or more of the elders of the group. An enclosure is made round a big tree and in this they are required to live for the time being. They sleep in the enclosure and the elders around the fire which is made at its entrance. Women are not permitted to approach or communicate with them during the course of the

hind quarters, the entrails and the trotters (*ǂei-ti*). Her portion is known as the *ǂnoe-di* and is the only meat which may be partaken of by women. The *ǂnoe-di* is shared by her with the other women, including the *ǂkham-khoidi* (adolescent girls) and with the young children. The *ǂnoe-di*, however, may not be eaten until the *gei-khoib* has tasted the meat. It is cut on the spot where the carcass was found by the person who shot the animal and handed over to the latter's wife after arrival at the *//gãus*. It is not brought under the *!heis*. It is cooked by the wife of the hunter on the fire in front of her hut after which the other women come and get their portions and eat it in their own huts. The *ǂkham-khoidi* obtain their meat from their respective mothers, as also do young children still living with their parents. If women partake of any other meat than the *ǂnoe-di*, the poison of the arrow will not act when an animal has been shot. The meat which may be eaten by the *ararogu* (youths) is known as *!om-//gani* and includes the flesh of the abdominal wall, kidneys, etc., and the genital organs such as udder, testicles, etc. It is prepared by the *ararogu* themselves over their own fire at the *ararogudi ǂgaos* (young men's hut). The person who shot the animal receives the ribs and shoulder blade of one side. He may prepare his portion either under the *!heis* or over his own fire. The ribs must be cooked and the shoulder blade roasted because they taste better when done in this manner. The rest of the meat is *sa.ra* to him and if he eats any other part, *e.g.*, the *ǂkoms* he will not meet with success in hunting because the poison will weaken and refuse to act. The parts of the animal which go to the *gei-khoib* are known as the *sa-eis* and include portions about two finger breadths in size from each quarter, from each side of the back and one rib from each side. These are strung on a thong or cord and hung up for his sole use. *Sa-eis* may, however, be shared by him with a visiting *gei-khoib*. The *gei-khois* receives her share from the *ǂnoe-di*. The *gei-khoib* may also partake of the meat for the remainder of the men called the *sa-//gani*, under which is included the *ǂkoms*. The latter may be eaten only under the *!heis*. After it has been prepared each man brings his wooden bowl or other receptacle and helps himself. Any man whose wife is menstruating will, however, not partake of the *ǂkoms* as it contains blood. The rest of the meat is divided among the men by the *gei-khoib* and is prepared and eaten at their huts.

A similar procedure is adopted in connection with meat killed by the members of an outlying *//gãus*, the *gei-khoib* likewise having to taste it before it may be partaken of. He may either proceed to the *//gãus* concerned, or if the distance to be travelled is considerable, all the meat will be brought to his *//gãus*. In all such cases the *sa-eis* is brought to him by the messenger sent to notify him of the kill. When he

9: Thomas T-5 (1951-1955)1959
FX10 Bushmen FX10
Kung

584 One day the young man killed a little buck and, according to custom, gave most of it to his bride's parents, thus proving that he hunted well and would provide for them and their daughter. With this the engagement was sealed. Shortly after-
585 ward the mothers of the bride and groom built a scherm for the young couple which they furnished with wood and water and enlivened with a fire, kindled by brands from their own fires. Very early the following day the bride's mother adorned
[301 822 831] the bride, washing her, hanging white bead ornaments from her hair, rubbing her clothing with red, sweet-smelling powder, a symbol to Bushmen of beauty. Then, sitting her upon one large kaross, they covered her with another and left her to spend the day motionless, waiting for evening, when the union would take place.

788 It is common in Bushman ceremonies for a person at a transitional moment of life to be raised from the ground and hidden from the sun, as though suspended between earth and sky. Young people on the day of their first marriage are
[841] protected in this way; so are newborn babies, and so are girls on the day of their first menstruation. At a funeral, too, the body before burial is covered and raised from the ground, and perhaps all this is because a person is especially susceptible to damage at times of life when change is taking place, when, perhaps, a person is as delicate and fragile as a new moth emerged from a cocoon.

585 [821 761] Because the sun brings death, no ceremony or part of any ceremony is performed when the sun is strong; but when evening came and the sun itself was dying, the groom was led to his new home by his three brothers, who took him by the hands and pulled him there, forced him, for custom demanded that he show reluctance. The bride, according to custom, refused to go to her husband and had to be picked up by another little girl and carried to him. In the drama of re-

9: Thomas T-5 (1951-1955)1959
FX10 Bushmen FX10
Kung

164 Short Kwi's wife, who looked around at them all gravely, listening, and when they had finished she nodded her head. "A medicine man of Europeans," they said.

"So," said she.

We talked about the foot for a while, for although he had covered it we could still see the toes. The people of the werf described how Short Kwi was bitten and everyone claimed credit for his part in saving Short Kwi's life. One man had killed the snake, another had cut the fang punctures, and others had given advice at the time and later. The leg had [753] swelled enormously and the medicine men had cut the swollen skin to let blood; the scars of this still showed on the healthy thigh above the blanket. All the people seemed very depressed when talking about it, though; for one reason, they ate meat less often, but also they truly admired him and did not seem to enjoy watching the disaster. Toma asked Short Kwi how he felt and Short Kwi said he thought that his leg had seemed to be getting a little better during the last few days.

582 It was almost evening, and we heard voices singing in the veld. Two women and a young girl were coming home from a trip for veld food. These three were also very happy to see us and the little girl kissed me but not the men, then asked for her mother, who lived at Nama and whom she had not seen for seasons, and we told her that her mother was well. The girl had been newly married and she was as pretty as she could be, with lots of beads, and with long ornaments of tsi nuts hanging beside her face. She wore a fine kaross which she had rubbed with red powder, often a sign to men that a [291 822 224 841 784] girl is menstruating, as perhaps she was, that men may be careful not to touch her and endanger their powers to hunt. Marriage seemed to have agreed with her. She looked very

237 and bowstrings, horn makes spoons and small containers: most needed of all are the skins—converted into bags and nets for carrying, and into clothes. Men wear only a breech-
291 clout. Women wear modesty aprons,
281 often one in front and one behind, as well as a piece of soft skin, clasped
[841] between their buttocks and thighs, when menstruating. Both men and women wear *kaross's*. The *kaross*, or skin cloak, is the most important garment and everyone tries to have one. If a man has only one *kaross*, and he is a good man, he will give it to his wife and do without—for, to a woman, a *kaross* is essential. In it, she is modest. In it, she carries the
[482] roots she has gathered in the day and the baby who must go where she goes. Her *kaross* is her warmth at night, her softness on the cold ground. It breaks the blind wind and roofs away the narrow rain.

[p. 57]

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The *Choa* Ceremony The mother takes the girl's hands to scrape the tsi out of the ashes.

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choa-ed. The old woman who attends her performs this part of the ceremony (or her mother may do so). She scrapes a root called *sha sha* into the water hole. To *choa* the veldkos, the old woman takes the girl's hands in hers and together they place the veldkos in the fire. When it is cooked, they scrape it out together and the old woman puts *sha sha* in her mouth, chews it, and blows on the girl's hands and on the veldkos. This protects the girl from having an upset stomach. Each veldkos must be *choa*-ed the first time the girl eats it after the First Menstruation ceremony.

●841

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No ceremonials mark subsequent menstruation periods, and the women do not seclude themselves during the flow or avoid gathering veldkos or dipping water from the water hole. They continue only to practice certain avoidances that in general have to do with men's hunting. The menstruating woman must not touch hunting gear; it would be very bad, for the arrows would be useless. She must not have sexual intercourse with her husband; it would make him tired and thin. Men in the years of their hunting prime should not talk or listen to talk about menstruation, for to do so might make them lazy in hunting.

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[852]

The girls who are married before their first menstruation have the same menstruation ceremony when the time comes as do the unmarried girls.

There is no genital mutilation practiced among the girls and women of the !Kung. Girls are scarified, but not at the time of the menstruation ceremony. The scarification is begun when the girl is about seven or eight and is continued little by little over several years. Stripes are made on the legs,

[p. 266]

2: Schapera E-4, 5 (no date) 1930
FX13 Hottentot
Bushmen FX10

lighting a new fire at the next encampment, although this is a practice which, as we have just seen, Fourie explicitly denies for the Heikum.

There is no indication at all in the available literature that similar usages relating to fire are found among the rest of the Bushmen, nor is there any further evidence of their occurrence among the tribes mentioned above. On the other hand the sacred fire also plays a very conspicuous part in the social and ritual life of the OvaHerero, OvaMbo, and Bergdama, all of them close neighbours of the Bushmen tribes among whom it is found, and with the last two of whom the Heikum at least have intermixed considerably. It is probable therefore that the special observances relating to fire among the Heikum and the Kung may represent borrowed elements of culture; but much fuller information is needed about them before this can be definitely asserted. Whatever their origin, however, these usages now obviously play an important part in the social life of the people. In particular, the fact that at the present time the chief of the band has certain exclusive functions in connection with fire is of outstanding significance in the whole sphere of public life, and one which cannot be dismissed merely because it may be due to the effects of contact with other peoples. To this point we shall have to return when discussing the political institutions of the Bushmen.

Special Usages relating to Food

There is not much information available about food taboos, but it appears that, in some of the tribes at least, certain foods are forbidden to persons at different stages of life. In the texts obtained by Dr. Bleek and Miss Lloyd from the Cape Bushmen there are preserved the details of some of the food taboos prevalent among this people. Thus little children were not allowed to eat the heart of the jackal (on account of this animal's great timidity), certain portions of the ostrich, or the tip of the springbok's tail; a menstruating girl might not eat game killed by the young men, lest she bring them ill luck—she had to eat only game taken by her father; a certain kind of tortoise was forbidden to young unmarried men and women, for fear of arousing the wrath of the rain; women were not allowed to eat the flesh of the lynx; the tail of the porcupine was forbidden to certain (unspecified) persons; while all refrained from eating a certain small portion of the flesh of the hare.[1] The published information relating

[1] L. C. Lloyd, *Further Bushman Material Collected*, 23; Bleek and Lloyd, *Bushman Folklore*, cf. references in Index, s.v. "Food—not to be eaten."

2: Schapera E-4, 5 (no date)1930
FX13 Hottentot
Bushmen FX10

262 [114] to these taboos is unfortunately so fragmentary that little can be gathered of the ideas underlying them. Several of them are undoubtedly connected with wider ritual observances, e.g. the taboo [821] imposed on menstruating girls, and again that associated with a [821] certain belief about the rain; but of the others no full explanation is [773] available, although the taboo on the portion of the hare may possibly [761] be linked up with the Bushman myth of the origin of death, in which [825] the hare plays the part of the fateful messenger who distorts the promise of immortality sent to mankind by the moon.

Among the Naron, again, "It does not seem," says Miss Bleek,[1] "as if many taboos in the food line still existed. Paauw meat and ostrich eggs are chiefly given to old men as the greatest delicacies. Some say young children, or girls till they have had their first baby, are not to eat steenbok, lest they remain small, but others tell me that all meat is eaten by everyone. Honey touched by a baboon must not be eaten, or you will die." Among the Auen, young girls and boys apparently may not eat game at all, otherwise they will remain thin; while water ●[841] and food collected by a menstruating woman may be partaken of only by herself and old people—it "makes others weak".[2]

About the Heikum we have far more information on this point, 224 thanks to the excellent description given by Fourie of certain [114] of their hunting observances.[3] The details he gives throw such a wealth of new light upon this aspect of Bushman life that they may be quoted in full. "After an animal has been shot it is followed by the hunter until it expires or until nightfall when he returns to the *//gaus* (camp). The following morning the whole community takes part in the search for the carcass, as the previous day's tracks had in all probability been effaced during the night by other animals. 224 The searchers spread out on a wide front and keep a very sharp lookout 252 for the presence of vultures. After the carcass has been found it is [462] skinned by the men. The belly is then opened and the entrails removed and cleaned. Bags are made from the stomach and into these the blood is collected. The animal is next cut up and, after this has been done, the liver is roasted and eaten by the men. The skin, if suitable for the [281] purpose, is cut into sandals, bowstrings, etc., on the spot. The meat is then removed to the *//gaus* by the men who may occasionally be [462] assisted by the women. On arrival at the *//gaus* all the meat is laid

[1] *The Naron*, 7. [2] Kaufmann, "Die Auin," 140, 157.
[3] "The Bushmen of S.W. Africa," 100–2; cf. *idem*, "Customs of the Hei-//om Bushmen," 54–6.

2: Schapera E-4, 5 (no date)1930
FX13 Hottentot
Bushmen FX10

224 animal has been shot. The meat which may be eaten by the *axarogu*
262 (youths) is known as */om-//gani*, and includes the flesh of the abdominal wall, kidneys, etc., and the genital organs such as udder, testicles,
224 etc. It is prepared by the *axarogu* themselves over their own fire at
252 the *axarogudi ǂgaos* (young men's hut). The person who shot the
262 animal receives the ribs and shoulder blade of one side. He may prepare his portion either under the */heis* or over his own fire. The ribs must be cooked and the shoulder blade roasted because they taste better when done in this manner. The rest of the meat is *soxa* to him, and if he eats any other part, e.g. the *ǂkoms*, he will not meet with success in hunting because the poison will weaken and refuse to act. The parts of the animal which go to the *gei-khoib* are known as the *so-eis* and include portions of about two finger-breadths in size from each quarter, from each side of the back and one rib from each side. These are strung on a thong or cord and hung up for his sole use. *So-eis*
[574] may, however, be shared by him with a visiting *gei-khoib*. The *gei-khois* receives her share from the *ǂnoe-di*. The *gei-khoib* may also partake of the meat for the remainder of the men called the *so-//gani*,
[264] under which is included the *ǂkoms*. The latter may be eaten only under the */heis*. After it has been prepared each man brings his wooden bowl or other receptacle and helps himself. Any man whose wife is
● [841] menstruating will, however, not partake of the *ǂkoms* as it contains blood. The rest of the meat is divided among the men by the *gei-khoib*, and is prepared and eaten at their huts.

"A similar procedure is adopted in connection with meat killed by
224 the members of an outlying *//gaus*, the *gei-khoib* likewise having to
262 taste it before it may be partaken of. He may either proceed to the
622 *//gaus* concerned, or if the distance to be travelled is considerable, all the meat will be brought to his *//gaus*. In all such cases the *so-eis* is brought to him by the messenger sent to notify him of the kill.
[372] When he visits a *//gaus* for this purpose he kindles the */hei-/ais* with fire from one of the huts, and, after having tasted the meat, returns to his own."

114 Apart from the light it throws upon certain functions of the chief,
224 this account illustrates admirably both the existence of special ritual
[622] observances in regard to game killed in the chase, and the fact that food obtained in this way is shared among all the people present at the encampment. This latter feature has also been noted by other writers on the different Bushman tribes,[1] and it can safely be asserted

[1] Passarge, op. cit., 51; Kaufmann, op. cit., 155–6 D. F. Bleek, *The Mantis*, pp. viii–ix; *idem*, *The Naron*, 16.

2: Schapera E-4, 5 (no date) 1930
FX13 Hottentot
Bushmen FX10

adolescent boys, who remain in the camp for the occasion, are summoned to pass in single file behind her hut. As they pass, each presses his scrotum against her hand, passed through a small opening made by her mother in the back of the hut, and she touches it with forefinger and thumb. This is done to protect the boys against swelling of the testicles, which is believed to result from contact, direct or indirect, with a menstruating woman or anything associated with her. After all the boys have filed past and returned to their hut, an old woman enters the girl's hut and rubs down her body with a preparation of roots. The girl is then ceremonially taken to fetch first water and then wood, which she brings at a run and places at the hut of the old woman who cleansed her. After these have been deposited the ceremony is over. This fetching of water and wood, together with the cleansing, no doubt symbolizes the return of the girl to the normal occupations of her daily life.

She is now a woman eligible for marriage, she lives in a new hut built for her by her mother, accompanies the married women in their daily occupations, and associates with them. The food collected by her during the four or five days following the ceremony is eaten only by very old women, e.g. the one who rubbed her down. After that any food she gathers is shared with her mother. On subsequent menstrual periods she may not go into the veld to gather veldkos, but must remain in the camp, and is fed by her mother.

In many of its details this ceremony closely resembles the puberty ceremony for girls among the Hottentots. There is a strong probability that it may even have been taken over from the latter, by whom the Heikum have unquestionably been influenced to a considerable extent. At the same time, in the seclusion of the girl in a separate hut, the avoidance of contact with men, and the performance of a special dance, this ceremony also presents features noted in the corresponding ceremonies of other Bushman tribes. The differences apparent between it and the others may therefore be due merely to the fact that it has been studied and recorded in much fuller detail. Without further study of the other Bushman tribes no definite assertion can be made on this point.

The puberty ceremony for girls among the !O Kung of Angola differs in several important respects from those already noted. Every girl, at her first menstruation, is placed in a separate hut, and kept there until the new moon is seen. A dance is held in her honour on the first nights; both sexes take part in this, but not the girl herself.

2: Schapera E-4, 5 (no date)1930
FX13 Hottentot
Bushmen FX10

224 returning to the camp, sleep under the central tree and avoid sexual intercourse with his wife, lest the poison prove ineffective and the animal escape. The meat of an animal killed by a dog may not be
● [841] eaten by women or by any men whose wives are menstruating; this is to prevent bad luck befalling the dog in the pursuit of game. Any want of success is generally attributed to some chance accident; for example, a man who has had bad luck in hunting while his wife was menstruating will not hunt again while she is in that condition, nor will she eat any of the *!noe-di* at such times.[1]

These practices and beliefs obviously represent only a small portion of what must be an elaborate series of usages relating to hunting, but they suffice to indicate how the Bushmen, fully aware of the uncertainty attendant upon their efforts, seek to relieve their apprehensions and to obtain confidence by the aid of magic and taboo.

Collecting

224 Hunting in the old days was unquestionably the principal source
136 of subsistence in Bushman life. But with the decrease of the game
648 in their region and with the enforcement against them of the game
222 laws framed by the white man, its importance is diminishing, and at the present time the Bushmen depend very largely for the means of existence on the wild vegetable foods growing in the veld.

[241] Agriculture in any form is altogether unknown to them in their
222 traditional mode of life. The nearest they have got to it is found
224 in the practice observed by the North-Western tribes of burning the
311 veld at the end of the dry season.[2] This, it is said, is done primarily in order that the edible bulbs, roots, etc., should come up better during the approaching rainy season. It is also used, however, as a means of hunting, for the men spread round the fire in a semicircle and drive all the game rushing from it before them in a certain direction where some hunters are lying in wait; moreover, the new grass growing soon after the burning attracts the game, which returns to the area, and thus makes it good hunting ground. Incidentally the burning serves to kill off snakes, scorpions, and other noxious creatures. Men may only
[423] burn in their own territory; to do so across the border, or to gather wood where others have burned, is a great offence. In former times,
[622] among the Naron, the chiefs are said to have regulated the burning;

[1] Fourie, "Customs of the Hei-||om," 56; *idem*, "Bushmen of S.W. Africa," 102.
[2] Jodtka, "Reise nach dem Okavango," *D. KolBl.*, xiii (1902), 491; Kaufmann, "Die Auin," 147, 156; D. F. Bleek, *Naron*, 17.